

T'AI CHI



Are you:

- Looking for a way to get fit and stay fit?
- Wary of 'New Age' mysticism?



*Chang San-feng
Founder*

Do you:

- Fancy a system, with longevity, practised at the King Alfred for over 25 years?
- Want to exercise the mind and body at the same time?

Then why not start:

WUDANG PRACTICAL

T'AI CHI CHUAN IN 2015?

It includes the Dao Chuan or Hand Form everyone has seen but also Tui Shou or Pushing Hands from the very first lesson.

**Every Thursday Evening 8-9pm
from 8th January
@King Alfred Leisure Centre**

(No upfront payment, £6.50/h and your second lesson is free)

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